



# 100MeilenBerlin - Berlin Wall Race 100 Miles

Berlin / 12.08.2018

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Krogsøe, Nicholas

000: 25:05:24

00: Glamsbjerg Motion/Klub 100 marathon Denmark 00: 6.42 km/h

00: 234

0000: 9:18 min/km

00: 161.90 km

00000/000: 228 (of 397)

100MeilenBerlin

00000/0: 195 (of 313)

000000: 13:17:41

0000:

00000: 30(of 50)

Senioren M55 (55-59 Jahre)

0000000: 18:35:32

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
VP1 - Checkpoint	8.60	1:05:34	7:37	35	16:11	228	21:26	8.60	1:05:34	7:37	35	16:11	228	21:26
VP2 - East Side G	4.80	34:11	7:07	43	9:25	263	13:08	13.40	1:39:45	7:26	41	25:36	247	34:31
VP3 - Dammweg	5.80	43:29	7:29	34	8:56	220	14:17	19.20	2:23:14	7:27	38	34:32	234	48:23
VP4 - Johannisth	5.70	40:56	7:10	33	9:14	218	16:24	24.90	3:04:10	7:23	38	43:35	234	1:04:28
VP5 - Imbiß "Am	9.50	1:14:48	7:52	43	20:07	260	33:16	34.40	4:18:58	7:31	39	1:03:42	246	1:37:41
VP6 - Buckow	4.50	37:56	8:25	36	11:22	241	17:20	38.90	4:56:54	7:37	40	1:15:04	249	1:55:01
000	7.60	1:04:35	8:29	40	19:48	262	30:33	46.50	6:01:29	7:46	39	1:34:52	252	2:25:34
VP8 - Osdorfer St	6.30	54:23	8:37	37	17:36	248	26:57	52.80	6:55:52	7:52	39	1:51:31	248	2:52:31
VP9 - Sportplatz	6.50	1:15:58	11:41	41	38:12	275	54:31	59.30	8:11:50	8:17	38	2:23:46	252	3:36:59
VP10 - Königswe	6.20	55:23	8:55	35	15:11	232	25:58	65.50	9:07:13	8:21	38	2:35:32	250	4:02:57
VP11 - Gedenkst	6.80	1:01:33	9:03	34	37:14	230	37:14	72.30	10:08:46	8:25	35	2:47:47	245	4:30:24
VP12 - Brauhaus	6.90	1:06:28	9:37	35	20:50	240	33:21	79.20	11:15:14	8:31	34	3:02:16	243	5:03:45
VP13 - Revierförs	5.70	57:20	10:03	37	16:41	250	27:17	84.90	12:12:34	8:37	34	3:16:17	245	5:31:02
VP14 - Schloss S	6.30	1:38:26	15:37	43	53:08	282	1:06:59	91.20	13:51:00	9:06	35	4:09:25	249	6:38:01
VP15 - Pagel & Fi	7.60	1:05:31	8:37	24	15:09	169	27:49	98.80	14:56:31	9:04	35	4:20:42	243	7:05:50
VP16 - Karolinenl	4.90	43:53	8:57	12	5:55	92	18:18	103.70	15:40:24	9:04	34	4:19:45	236	7:24:08
VP17 - Falkensee	6.50	58:12	8:57	23	12:03	153	25:41	110.20	16:38:36	9:03	33	4:25:09	228	7:49:49
VP18 - Schönwal	5.80	54:43	9:26	21	15:10	148	25:38	116.00	17:33:19	9:04	33	4:38:33	226	8:15:27
VP19 - Grenzturn	7.30	1:07:41	9:16	12	36:18	106	39:35	123.30	18:41:00	9:05	32	4:54:24	221	8:44:21
VP20 - Rudercluk	4.80	48:55	10:11	21	14:20	165	24:35	128.10	19:29:55	9:07	32	5:08:44	218	9:08:56
VP21 - Frohnau	4.10	1:04:39	15:46	40	30:57	235	42:00	132.20	20:34:34	9:20	32	5:39:41	218	9:50:56
VP22 - Naturschu	6.40	51:09	7:59	3	3:06	49	17:57	138.60	21:25:43	9:16	32	5:42:47	211	10:08:53
VP23 - Oranienbu	4.50	40:51	9:04	6	6:47	60	15:54	143.10	22:06:34	9:16	31	5:49:34	206	10:24:47
VP24 - Laufftreff l	5.30	50:35	9:32	10	11:09	94	22:21	148.40	22:57:09	9:16	31	5:59:51	205	10:47:08
VP25 - Wilhelmsr	5.70	1:05:13	11:26	34	22:34	205	35:12	154.10	24:02:22	9:21	31	6:22:25	202	11:22:20
VP26 - Wollankst	3.10	31:52	10:16	14	6:54	119	14:45	157.20	24:34:14	9:22	31	6:29:19	201	11:37:05
Friedrich-Ludwig	4.20	31:10	7:25	7	4:13	66	11:24	161.90	25:05:24	9:17	30	6:29:52	196	11:47:43